



HEALTH SCORE

91%

Raspberry Ginger Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



147 kcal

SIDE DISH

Ingredients

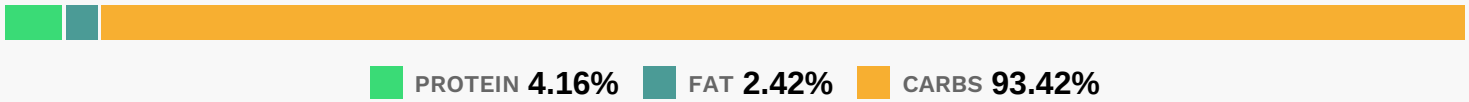
- ☐ 0.5 ounce juice of lemon
- ☐ 6 driscoll's raspberries for garnish
- ☐ 3 ounces sparkling rosé
- ☐ 1 ounce domaine de canton (ginger liqueur)
- ☐ 0.5 ounce grenedine
- ☐ 1 ounce domaine de canton (ginger liqueur)
- ☐ 0.5 ounce grenedine

Equipment

Directions

- ☐ In a cocktail shaker half-filled with ice, combine the Domaine de Canton, lemon juice, simple syrup and 4 raspberries. Shake vigorously.
- ☐ Add Chandon Rose or Sparkling Rose in a champagne coupe glass. Strain shaken contents into glass with Rosé.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:19.653043474354%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 147.14kcal (7.36%), Fat: 0.4g (0.62%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 13.59g (4.94%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 3.66mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin C: 370.94mg (449.62%), Fiber: 21.32g (85.28%), Vitamin A: 3700.17IU (74%), Manganese: 0.95mg (47.48%), Vitamin E: 5.09mg (33.95%), Vitamin K: 22.96µg (21.87%), Magnesium: 62.17mg (15.54%), Calcium: 147.58mg (14.76%), Potassium: 397.58mg (11.36%), Vitamin B2: 0.15mg (8.7%), Vitamin B5: 0.74mg (7.38%), Vitamin B3: 1.19mg (5.95%), Phosphorus: 56.49mg (5.65%), Iron: 1mg (5.53%), Copper: 0.11mg (5.46%), Vitamin B6: 0.08mg (3.89%), Folate: 7.91µg (1.98%), Zinc: 0.27mg (1.8%), Vitamin B1: 0.02mg (1.39%)